

**AMENDMENTS****In the Claims**

Claims 1-20. (Cancelled)

21. (New) A method for performing an arthroscopic surgery using a hollow braided suture, said suture having an outer cylindrical wall and a lumen extending therethrough, said suture further comprising a free proximal end portion, a loop, and a standing end portion, said method comprising:

selecting a tissue to move;

inserting a cannula through a patient's skin;

attaching the suture to the tissue;

moving the tissue by pulling on the free proximal end portion of the suture, said suture extending though said cannula;

wherein said loop is formed by threading a length of suture through the lumen of said standing end portion, and wherein said step of attaching the suture to the tissue comprises pulling on said free proximal end portion until said tissue is securely locked by said loop.

22. (New) The method of claim 21 wherein said tissue is a ligament.

23. (New) The method of claim 22 wherein said surgery is a rotator cuff surgery.

24. (New) The method of claim 21 comprising forming the loop through a surgically-created opening in said tissue.

25. (New) The method of claim 21 comprising forming said loop through a first tissue and a second tissue, and moving at least one of said first and second tissues towards one another.

26. (New) The method of claim 21 wherein the attaching step is performed after the step of inserting.

27. (New) The method of claim 21 wherein said standing end portion comprises an expanded configuration allowing the diameter of the loop to be adjusted.

28. (New) The method of claim 21 wherein said standing end portion comprises a compressed configuration when said free proximal end is pulled, whereby said suture becomes locked on said tissue.

29. (New) The method of claim 21 comprising cutting a portion of the suture following said step of moving.